

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
MWB 716

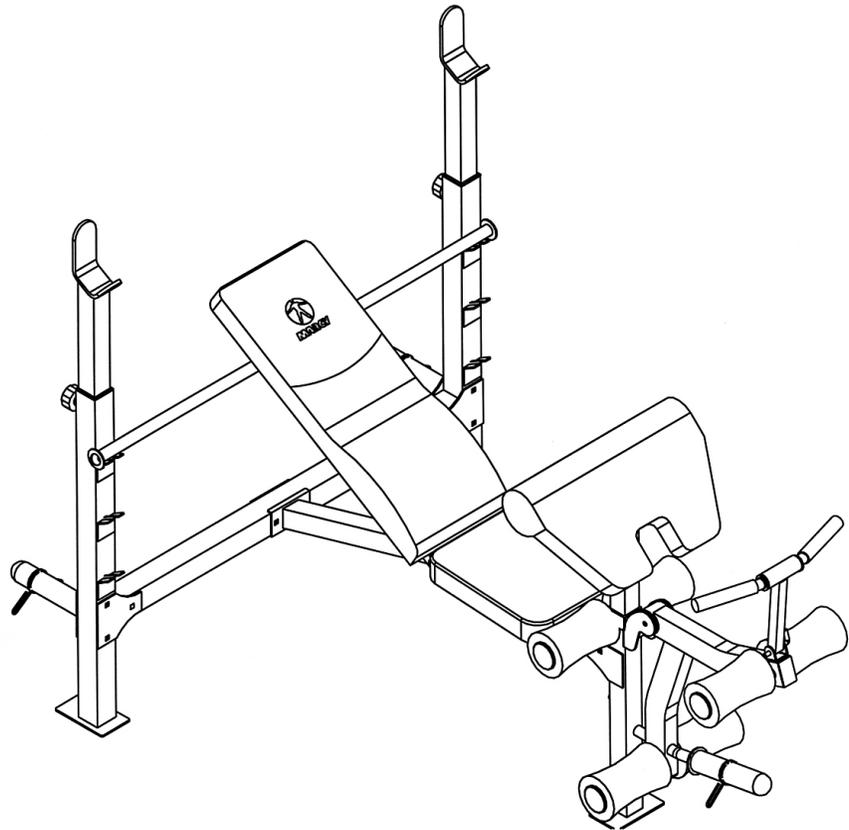
Retain This  
Manual for  
Reference

08-18-03

OWNER'S  
MANUAL

**IMPEX**  
FITNESS PRODUCTS

## MARCY OLYMPIC BENCH MWB 716



### IMPEX FITNESS PRODUCTS

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY MWB 716 Olympic Bench by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. - Fri. 9 a.m. - 5 p.m. PST**

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

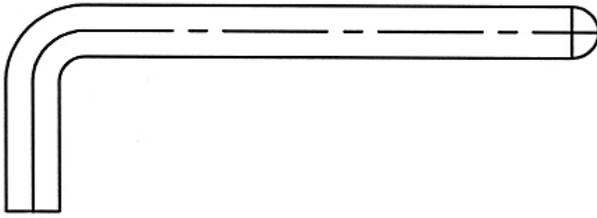
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

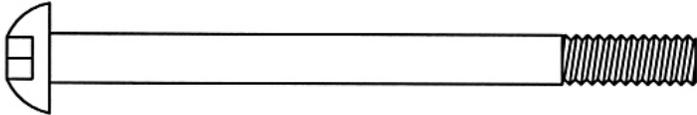
# HARDWARE PACK



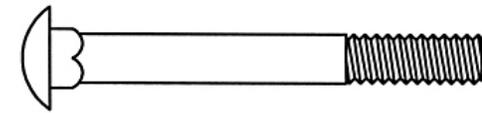
#35 4" L-shaped Pin (Qty 1)



#34 3" L-shaped Pin (Qty 1)



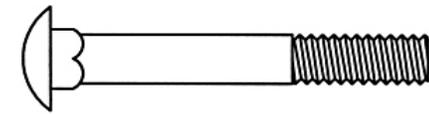
#38 M10\*4-3/4" ALLEN BOLT (Qty 1)



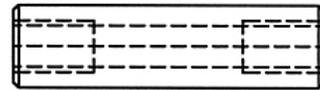
#36 M10\*3-1/8" CARRIAGE BOLT (Qty 8)



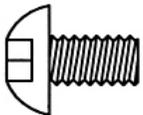
#21 Spring Clip (Qty 3)



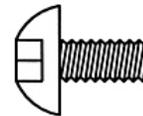
#37 M10\*2-3/4" CARRIAGE BOLT (Qty 3)



#19 Axle (Qty 1)



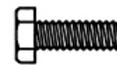
#39 M10\*5/8" ALLEN BOLT (Qty 2)



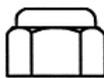
#40 M8\*5/8" ALLEN BOLT (Qty 2)



#41 M6\*1-3/8" HEX BOLT (Qty 4)



#42 M6\*5/8" HEX BOLT (Qty 4)



#46 M10 AIRCRAFT NUT (Qty 12)



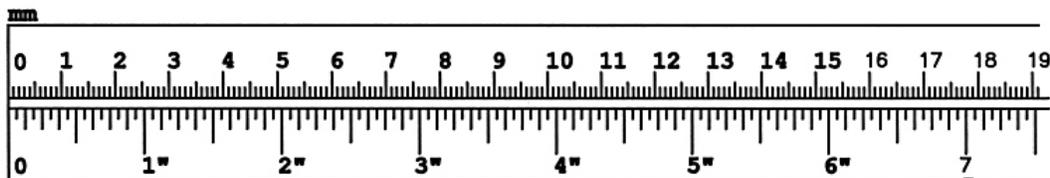
#43  $\varnothing\frac{3}{4}$ " WASHER (Qty 15)



#44  $\varnothing\frac{1}{2}$ " WASHER (Qty 2)



#45  $\varnothing\frac{1}{2}$ " WASHER (Qty 8)



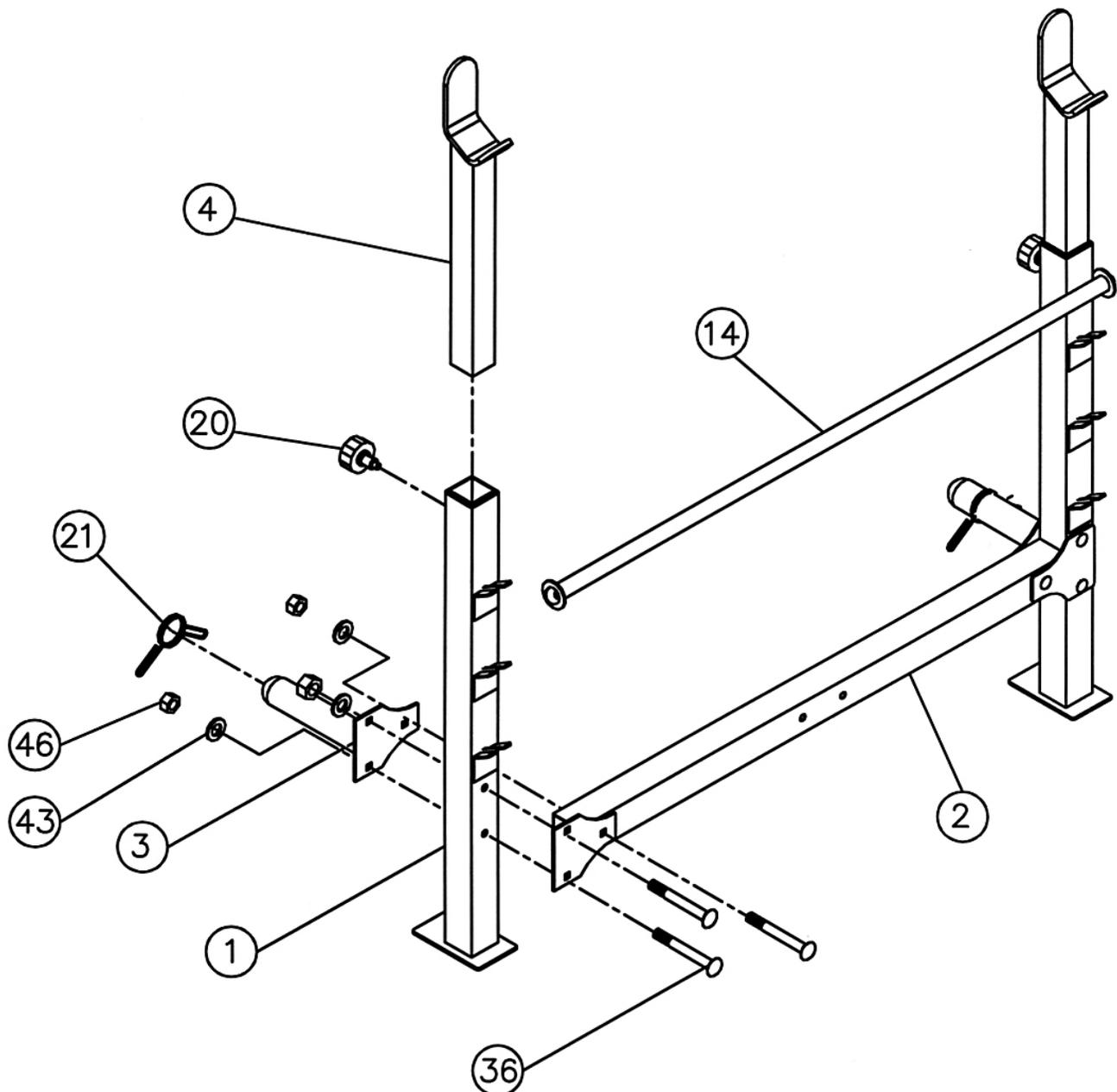
# ASSEMBLY INSTRUCTION

**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.**  
**NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) Connect the two Rear Upright Beams (#1) by a Cross Brace (#2) in the mid-span. Align the holes and secure them with one Weight Post (#3), three M10 x 3 1/8" Carriage Bolts (#36), three  $\text{\O} \frac{3}{4}$ " Washers (#43), and three M10 Aircraft Nuts (#46) on each end of the Cross Brace.
- B.) Insert two Crutches (#4) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#20) through selected holes to obtain desired height of the Supports.
- C.) Place Backrest Adjustment Bar (#14) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest
- D.) Attach a Spring Clip (#21) onto each Weight Post.

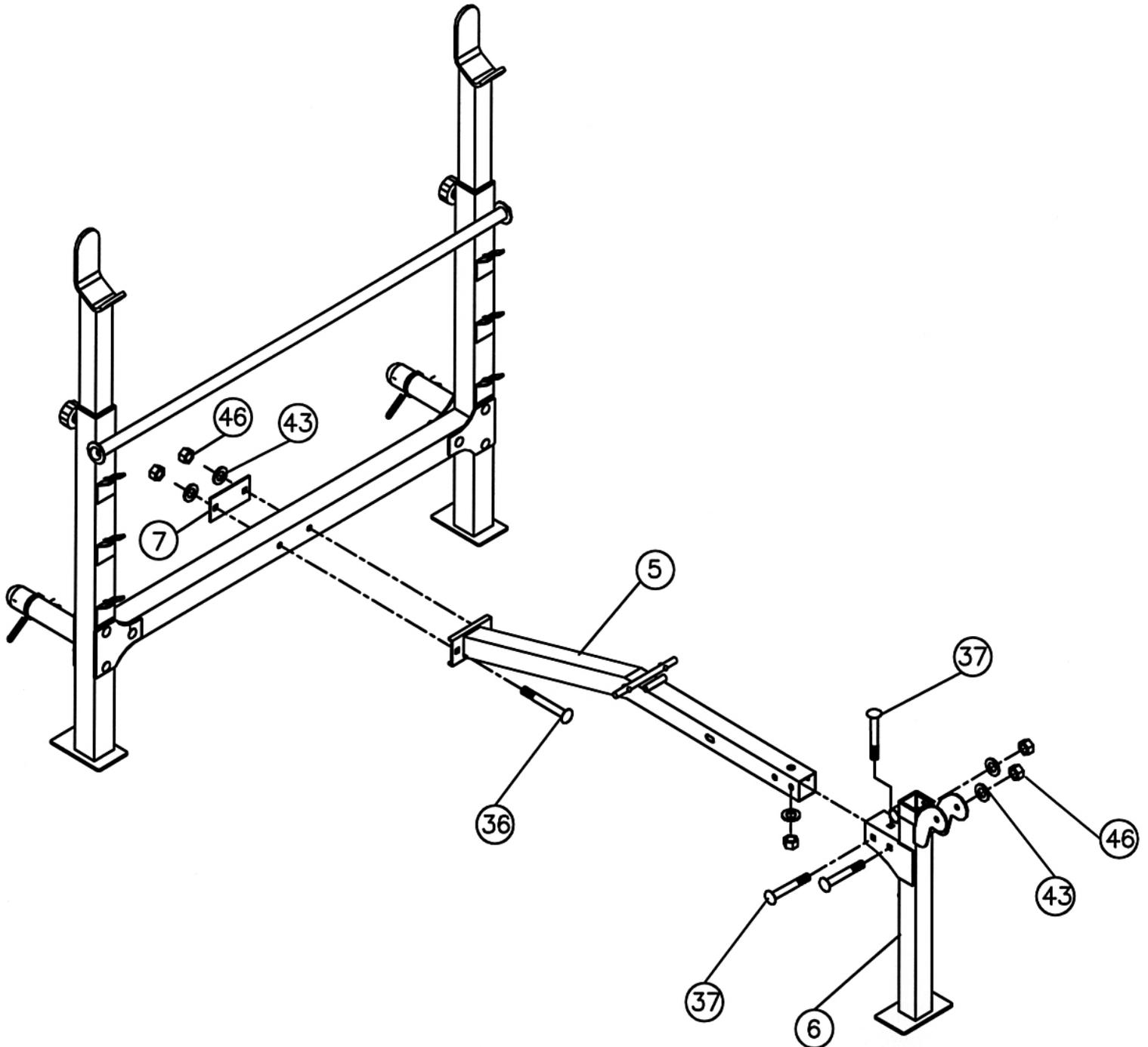
**DIAGRAM 1**



**STEP 2 (See Diagram 2)**

- A.) Attach the Front Stabilizer (#6) to the Main Seat Support (#5). Secure it with three M10 x 2 3/4" Carriage Bolts (#37), Ø3/4" Washers (#43), and M10 Aircraft Nuts (#46).
- B.) Attach the Main Seat Support (#5) to the Cross Brace. Secure it with one Bracket (#7), two M10 x 3 1/8" Carriage Bolts (#36), two Ø 3/4" Washers (#43), and two M10 Aircraft Nuts (#46).

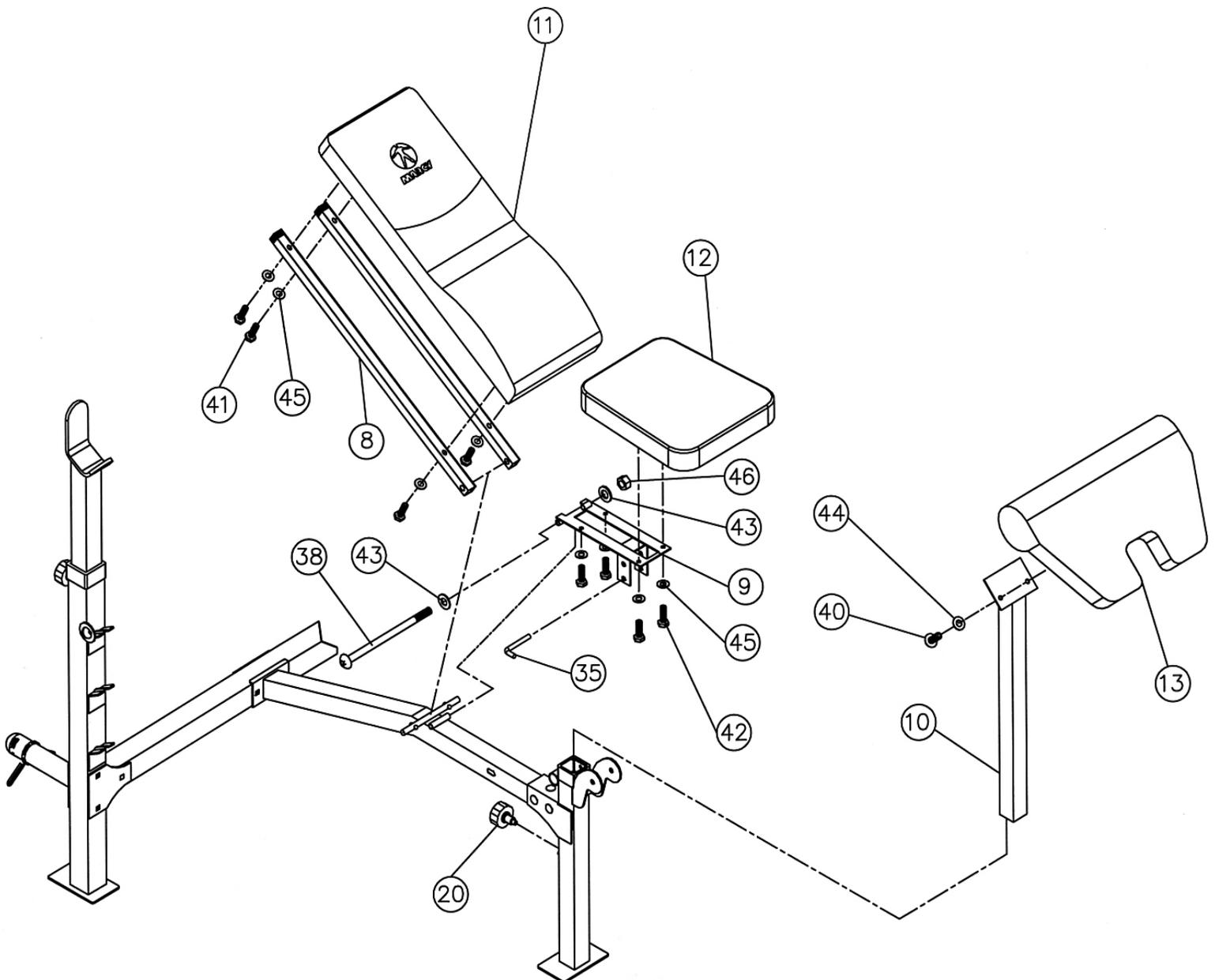
**DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Attach the side-holes on the Backrest Supports (#8) to the long pivot on the Main Seat Support. Place the Backrest Board (#11) onto the Backrest Supports. Secure it with four M6 x 1 3/8" Hex Bolts (#41) and  $\text{\O} \frac{1}{2}$ " Washers (#45). Place the other end of Backrest Board rest against the backrest Adjustment Bar.
- B.) Attach the Seat Bracket (#9) to the short pivot on Main Seat Support. Secure it with one M10 x 4 3/4" Allen Bolt (#38), two  $\text{\O} \frac{3}{4}$ " Washers (#43), and one M10 Aircraft Nut (#46).
- C.) Place the Seat (#12) onto the Seat Bracket. Secure it with four M6 x 5/8" Hex Bolts (#42) and  $\text{\O} \frac{1}{2}$ " Washers (#45).
- D.) Use a 4" L-shaped Pin (#35) to secure the Seat inclined position.
- E.) Attach the Arm Curl Pad (#13) to the Arm Curl Stand (#10). Secure it with two M8 x 5/8" Allen Bolts (#40) and  $\text{\O} \frac{5}{8}$ " Washers (#44). Insert the Arm Curl Stand into the top opening on the Front Stabilizer. Use a Lock Knob (#20) to secure the Arm Curl Stand at desired height.

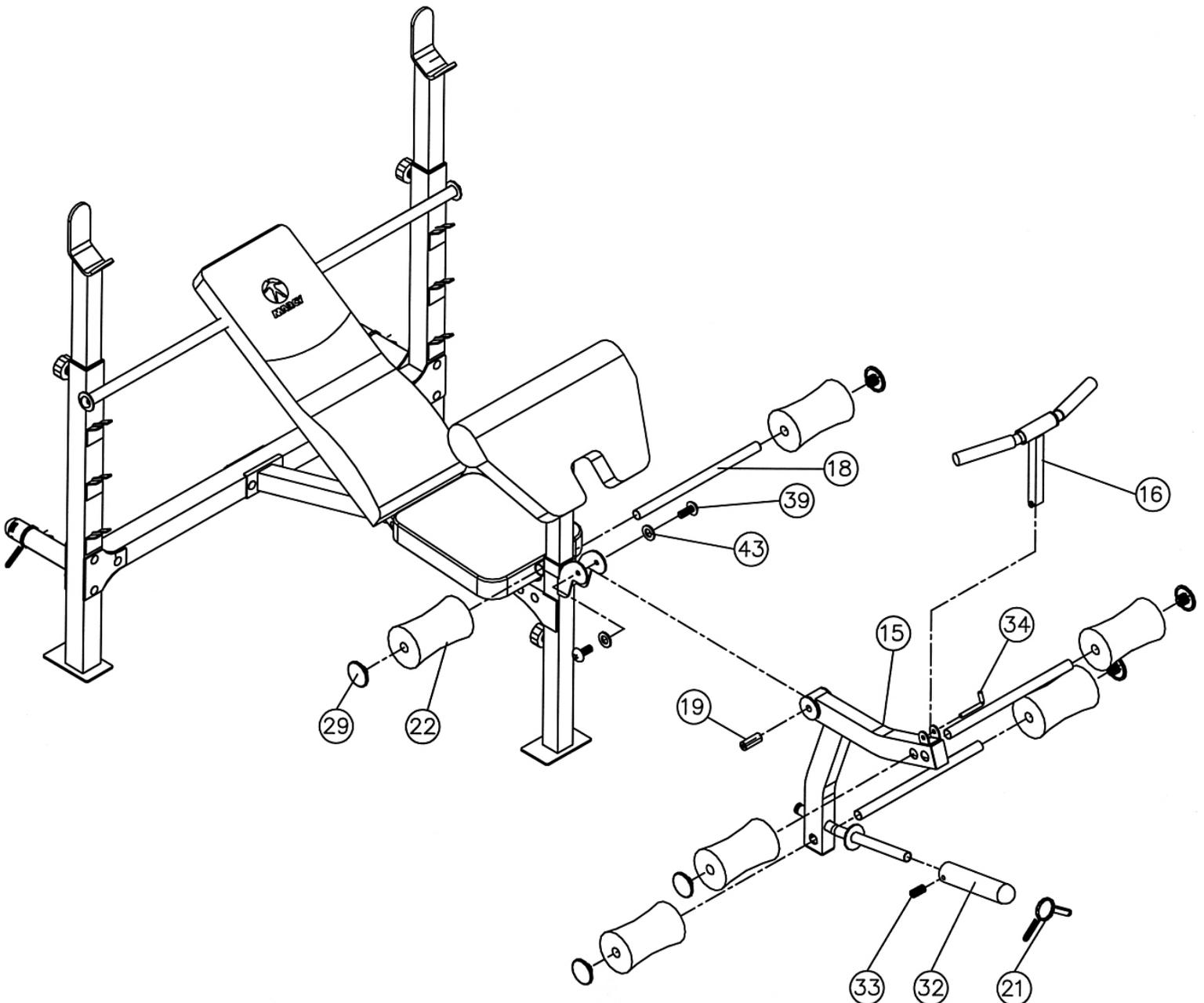
**DIAGRAM 3**

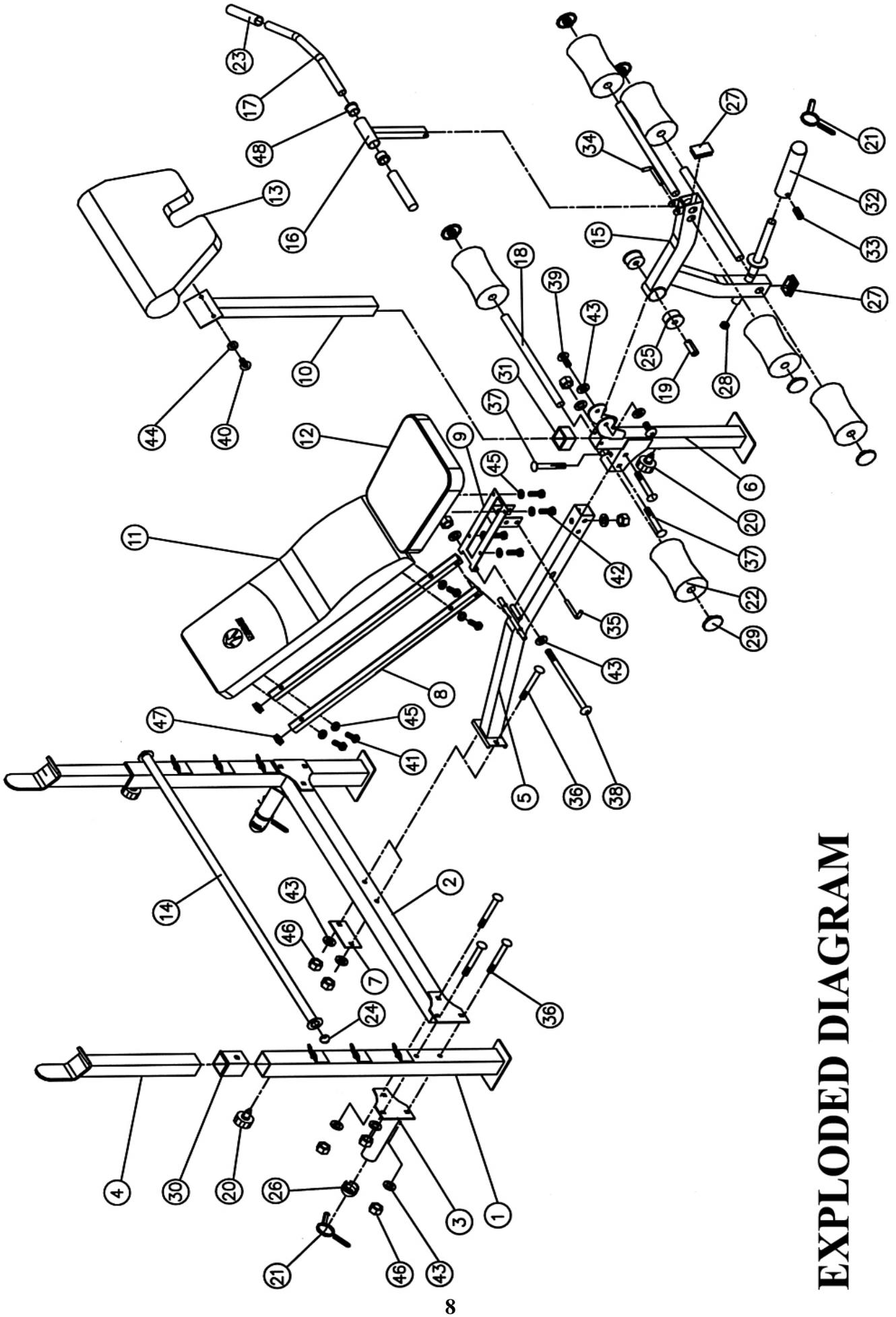


#### STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#15) to the Front Stabilizer (#6). Secure it with one Axle (#19), two M10 x 5/8" Allen Bolts (#39), and two Ø 3/4" Washers (#43).
- B.) Insert one Foam Tube (#18) halfway through the hole on the Front Stabilizer. Insert two Foam Tubes halfway through the holes on the Leg Developer.
- C.) Push six Foam Rolls (#22) onto the Foam Tubes from both ends. Plug six Foam Roll End Caps (#29) into the ends.
- D.) Attach the Curl Bar (#16) to the bracket on the Leg Developer. Secure it with a 3" L-shaped Pin (#34). Attach an Olympic Sleeve (#32) onto the weight post on the Leg Developer. Attach a Spring Clip (#21) to the Sleeve. NOTE: When using the decline position to do Ab exercises, place at least 30 lbs of weights on the post to hold down the Leg Developer.
- E.) When using Leg Developer, remove the Arm Curl Stand and the Curl Bar.

**DIAGRAM 4**





**EXPLODED DIAGRAM**

# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Rear Upright Beam	2
2	Cross Brace	1
3	Weight Post	2
4	Crutch	2
5	Main Seat Support	1
6	Front Stabilizer	1
7	Bracket	1
8	Backrest Support	2
9	Seat Bracket	1
10	Arm Curl Stand	1
11	Backrest Board	1
12	Seat	1
13	Arm Curl Pad	1
14	Backrest Adjustment Bar	1
15	Leg Developer	1
16	Curl Bar	1
17	Curl Bar Handle	1
18	Foam Tube	3
19	Axle	1
20	Lock Knob	3
21	Spring Clip	3
22	Foam Roll	6
23	Curl bar Handle Grip	2
24	Ø 1 1/8" Cone-shaped End Cap	2
25	Ø 2 3/8" Bushing	2
26	Ø 2" Cone-shaped End Cap	2
27	2 3/8" x 1 5/8" End Cap	2
28	Ø 1" End Cap	1
29	Foam Roll End Cap	6
30	2 3/8" x 2" Sleeve	2
31	2" x 1 3/4" Sleeve	1
32	Olympic Sleeve	1
33	M8 x 1/2" Screw	1
34	3" L-shaped Pin	1
35	4" L-shaped Pin	1
36	M10 x 3 1/8" Carriage Bolt	8
37	M10 x 2 3/4" Carriage Bolt	3
38	M10 x 4 3/4" Allen Bolt	1
39	M10 x 5/8" Allen Bolt	2
40	M8 x 5/8" Allen Bolt	2
41	M6 x 1 3/8" Hex Bolt	4
42	M6 x 5/8" Hex Bolt	4
43	Ø 3/4" Washer	15
44	Ø 5/8" Washer	2
45	Ø 1/2" Washer	8
46	M10 Aircraft Nut	12
47	1" End Cap	2
48	Ø 1 1/2" Bushing	2

# ***IMPEX INC.***

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at [www.impex-fitness.com](http://www.impex-fitness.com)

**IMPEX INC.  
14777 Don Julian  
City of Industry, CA 91746**

### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase